Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

- 1. (original) A cooked cereal dough product high in total dietary fiber and in protein, comprising:
 - A. About 20% to 80% (dry weight) of the cooked cereal dough product of at least one starchy cereal ingredient;
 - B. sufficient amounts of at least one insoluble dietary fiber ingredient to provide a total insoluble fiber content of about 5-15% (dry weight);
 - C. sufficient amounts of at least one soluble dietary fiber ingredient to provide a total soluble fiber content about 5% to 15% (dry weight); and wherein the weight ratio of total insoluble to total soluble fiber ranges from about 1:1, to about 1.5:1; and,
 - D. sufficient amounts of a plant protein ingredient to provide a total protein content of about 15% to 30% (dry weight).
- 2. (original) The cooked cereal dough product of claim 1 wherein at least a majority portion of the insoluble dietary fiber ingredient is provided by a cereal bran ingredient selected from the corn bran, wheat bran, rice bran and mixtures thereof.
- 3. (original) The cooked cereal dough product of claim 2 wherein the cereal bran is added in a form having a particle size ranging from about 50 to 800 micron.
- 4. (original) The cooked cereal dough product of claim 3 wherein the cereal bran has a particle size ranging from about 50 to 600 micron.

- 5. (currently amended) The cooked cereal dough product of claim 2 wherein the plant protein ingredient comprises is selected from the group consisting of wheat gluten, corn zein, defatted soy meal or flour, soy protein, soy protein isolate, and mixtures thereof.
- 6. (currently amended) The cooked cereal dough product of claim 5 wherein the plant protein comprises is selected from the group consisting of wheat gluten, corn zein and mixtures thereof.
- 7. (currently amended) The cooked cercal dough product of claim 6 wherein the food cooked cereal dough product is free of soy protein.
- 8. (original) The cooked cereal dough product of claim 6 wherein a majority portion of the plant protein is wheat gluten.
- (currently amended) The cooked cereal dough product of claim 6 in the form of a
 cooked cereal dough having further comprising a moisture content of about 15 to
 35%.
- 10. (original) The cooked cereal dough product of claim 2 in the form of a dried food piece having a moisture content of about 2% -6%.
- 11. (original) The cooked cereal dough product of claim 10 wherein the dried food piece includes a topical coating.
- 12. (currently amended) The cooked cereal dough product of claim 2 wherein at least a portion of the soluble dietary fiber ingredient is provided by inulin had having a DP ranging from about 9-17.
- 13. (original) The cooked cereal dough product of claim 12 wherein at least a portion of the inulin is provided in the sugar coating.

- 14. (original) The cooked cereal dough product of claim 6 wherein the wheat gluten is non-vital wheat gluten.
- 15. (original) The cooked cereal dough product of claim 2 in the form of flakes.
- 16. (original) The cooked cereal dough product of claim15 wherein the flakes have a thickness of less than 1 mm.
- 17. (currently amended) The cooked cereal dough product of claim 1 wherein the starchy cereal ingredient is selected from the group consisting of rice flour, wheat flour and mixtures thereof.
- 18. (currently amended) The cooked cereal dough product of claim 2 wherein a portion of the insoluble dictary fiber ingredient is provided by additionally comprising about 0.1% to 1% of carboxymethyl cellulose.
- 19. (original) The cooked cereal dough product of claim 17 comprising about 18-22% total dictary fiber and about 18-22% wheat gluten.
- 20. (original) The cooked cereal dough product of claim 15 wherein the flakes are dried having a moisture content of about 2% to 6%.
- 21. (original) The cooked cereal dough product of claim of claim 16 wherein the flakes are wet having a moisture content of about 10% to 25%.
- 22. (original) The cooked cereal dough product of claim 1 having a sugar content of less than 2%.
- 23. (original) The cooked cereal dough product of claim 2 having a fat content of less than 2%.

- 24. (original) The cooked cereal dough product of claim 2 additionally including about 0.5% to 4% salt.
- 25. (currently amended) The cooked cereal dough product of claim 1 wherein at least a portion of the soluble dietary fiber ingredient is provided as additionally including a topical coating.
- 26. (original) The cooked cereal dough product of claim 25 wherein the topical coating includes inulin.
- 27. (original) The cooked cereal dough product of claim 26 wherein the topical coating includes about 30% to 50% inulin.
- 28. (currently amended) The cooked cereal dough product of claim 1 wherein the plant protein ingredient is substantially free of wheat gluten.
- 29. (currently amended) The cooked cereal dough product of claim 1 wherein the plant protein ingredient is substantially free of corn zein.
- 30. (original) A method for preparing a fiber fortified food product, comprising the steps of:
 - A. providing a cooked cereal dough comprising;
 - 1. About 20% to 80% (dry weight) of the cooked cereal dough product of at least one starchy cereal ingredient;
 - 2. sufficient amounts of at least one insoluble dietary fiber ingredient to provide a total insoluble fiber content of about 5-15% (dry weight);
 - sufficient amounts of at least one soluble dietary fiber ingredient to
 provide a total soluble fiber content about 5% to 15% (dry weight); and
 wherein the weight ratio of total insoluble to total soluble fiber ranges
 from about 1:1. to about 1.5:1; and,

- 4. sufficient amounts of a plant protein ingredient to provide a total protein content of about 15% to 30% (dry weight), and,
- 5. about 15% to 40% moisture;
- B. forming the cooked cereal dough into sized shapes and pieces; and
- C. drying the pieces to a water activity of about 0.1 to 0.30 to form dried cereal dough pieces.
- 31. (original) The method of claim 30 wherein at least a portion of the soluble fiber is provided by inulin.
- 32. (currently amended) The method of claim 31 wherein the soluble fiber level is at least 2g/oz (2g/24.8g).
- 33. (currently amended) The method of claim 17 claim 30 wherein step A includes adding at least a portion of inulin to the dough after cooking.
- 34. (currently amended) The method of claim 33 wherein the <u>dried cereal dough pieces</u>
 <u>constitute dried pellets having a moisture content of about 15-20% moisture</u>
 <u>content of the cooked cereal dough ranges from about 10 to 35% by weight.</u>
- 35. (original) The method of claim 34 wherein in step C includes the sub-step of forming flaked pieces, and wherein in step C includes the sub-step of toasting the flaked pieces to form toasted, dried flaked R-T-E pieces.
- 36. (original) The method of claim 35 wherein the method further includes:
 - D. providing a sugar coating to the flaked R-T-E pieces.
- 37.(currently amended) The method of claim 36 wherein the at least a majority portion of the insoluble dietary fiber ingredient is provided by a cereal bran ingredient selected from the corn bran, wheat bran, rice bran and mixtures thereof and the dried cereal dough pieces constitute R-T-E cereal composition is of claim-2.

- 38. (currently amended) The method of claim 37 wherein the R-T-E cereal composition is of claim 8 a portion of the insoluble dietary fiber ingredient is provided by about 0.1% to 1% of carboxymethyl cellulose.
- 39. (original) The method of claim 33 wherein step B includes the sub-step of forming the dough into pellets and wherein at least a portion of the inulin is added during pellet forming.
- 40. (original) The method of claim 33 wherein at least a portion of the inulin is topically applied.
- 41. (original) The method of claim 33 wherein at least a portion of the inulin is topically applied in a sugar coating.
- 42. (currently amended) The method of elaim 20 claim 30 wherein the soluble dietary fiber ingredient is provided by β-2-fructofuranose includes inulin.
- 43. (currently amended) The method of elaim 27 claim 30 wherein the cooked cereal dough includes whole wheat.
- 44. (currently amended) The method of elaim 19 claim 30 wherein step the method further includes:
 - D. eomprises deep fat frying whereby the dried cereal dough pieces are puffed to form puffed fried snack pieces.
- 45. (currently amended) The method of claim 30 wherein step A includes about 0.1% to 1% of carboxymethyl cellulose as adding at least a portion of the plant protein ingredient to the dough after cooking.

- 46. (original) The method of claim 30 wherein the cooked cereal dough includes a high potency sweetener.
- 47. (original) The method of claim 46 wherein the high potency sweetener is selected from the group consisting of aspartame, sucralose, potassium accountiame, and mixtures thereof.
- 48. (original) The method of claim 47 wherein at least a portion of the high potency sweetener is sucralose.